

Telluride wellness retreat to open in May

Nov 23, 2021



Guests will do half-day treks daily in the San Juan Mountains- Colorado

[Reset Telluride](#), a luxury wellness and trekking retreat in the Colorado mountains that only takes 18 guests at a time, is scheduled to open in May.

The resort will operate seasonally from May through October.

The standard experience will be a six-night, six-day stay that follows one of three programs: Reach, Roam or Recharge.

Reset includes daily, half-day treks in the San Juan Mountains led by guides certified by the American Mountain Guides Association with elevation gains ranging from 580 to 3,700 feet.

The Reach pathway is a high-impact program designed for people who are seeking to improve performance and meet new goals. Roam caters to guests looking for adventure, with an emphasis on allowing the freedom to wander and discover new things. The Recharge option is focused on finding time and space to unwind and rejuvenate.

Guests enjoy unlimited access to the Reset wellness center with fitness equipment, therapy spaces and a team of bodywork practitioners. In addition to the daily treks, available activities and programs include personal and group training sessions, oxygen enrichment, IV therapy, nutritional coaching and a menu of spa services centered around recovery.

Each guest also receives five, 60-minute in-room massages that can be customized to their preferences.

Guests stay at the [Madeline Hotel and Residences](#), a ski-in, ski-out luxury property that is part of the Auberge Resorts Collection.

The menus are plant-focused with a focus on ingredients that reduce blood pressure, soothe hidden inflammation, support good digestive health and enhance vitality.

Optional activities available to Reset guests include cooking classes, educational sessions, music programs, guided meditations and sound therapy.

The Reset retreat is \$10,000 per guest for the Reach pathway and \$10,500 per guest for both the Roam and Recharge pathways.

For additional information and reservation contact:

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